

A WIDOW SHARES HER LAST BREAD 1 KINGS 17:8-16

God's Power Doesn't Run Out

Bible Background

- Read: 1 Kings 17:8-16
- In This Passage: The prophet Elijah heads into a town and asks a woman for some bread and water. But the widow has already given up. She has enough ingredients to make one more loaf of bread, and then she'll run out and she and her son will die. Elijah encourages her to trust God, and God continuously replenishes her ingredients.
- Bible Point: God's power doesn't run out.
- Theme Verse: "A final word: *Be strong in the Lord and in his mighty power.*" Ephesians 6:10

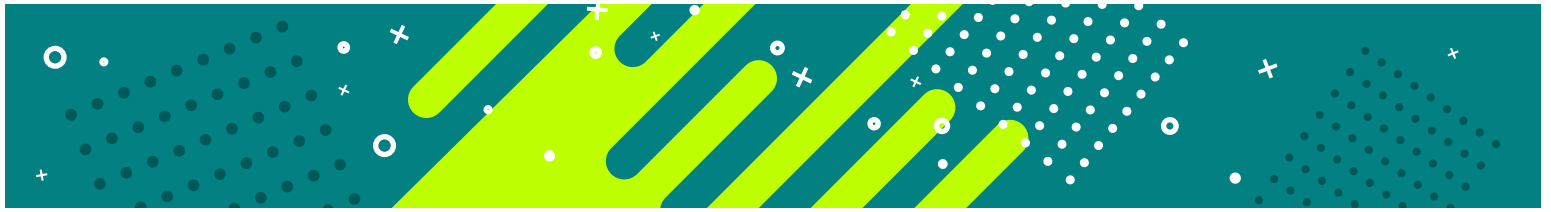
Prepare Your Heart

- You'll Be Discussing: ***God's power doesn't run out.*** The woman in this story is beyond hopeless. She's already resigned herself to death for her and her son. She feels defeated, and her attitude is "I give up." Some of your kids may be able to relate. They may want to give up, too. Help them see that even when it seems too late, God's power won't run out on them.
- Think About: When have you given up? Why?
- Pray: that if your kids are on the verge of giving up, they will feel God's power continuing to move in them.

1. Watch the ECBC KidsChurch Video -- eastcooperbaptist.com/children

2. Family Discussion Time

Say: Today we've learned that God's power doesn't run out. That was definitely true for the widow, who always had flour and oil to make bread! How about the example of how God's power didn't run out for Cole and his father?



Ask:

- When have you had some of the same feelings that Cole shares about in this video? Share an example from your own life first.

Say: Cole’s mom repeated some verses from the Bible that helped their family during this time. Those verses from 1 Thessalonians 5:16-18 say, “Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”

Ask:

- How could these verses be helpful when you feel like giving up?

Say: Another verse that is mentioned in this video is Psalm 147:3. It says, “He heals the brokenhearted and bandages their wounds.”

Ask:

- How does this verse remind you that God’s power doesn’t run out?

Say: Cole’s family might have felt like giving up, just like the widow in the Bible story. But instead of giving up, they got to see how God’s power didn’t run out.

3. Family Game

Rock, Paper, Scissors, God’s Power

Supplies:

- Upbeat music (optional)

Play Rock, Paper, Scissors

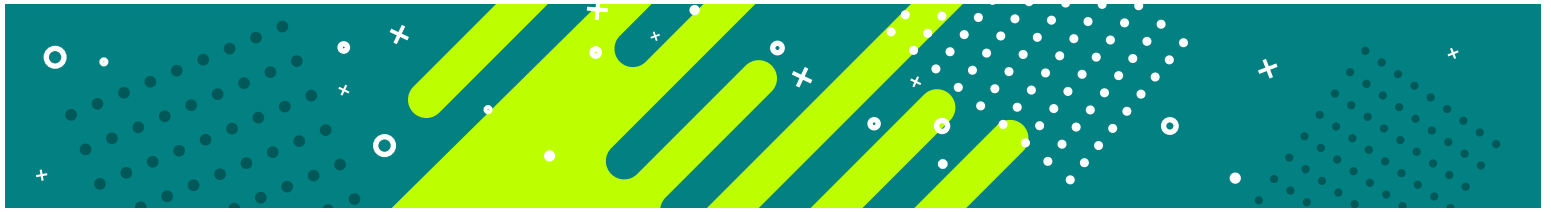
Say: Today we’re exploring how God’s power doesn’t run out. Let’s see what a game of Rock, Paper, Scissors can show us about God’s power.

- Have kids turn to someone near them (they don’t need to move close), and play Rock, Paper, Scissors.
- Most kids will know how to play, but if you need to remind kids: Paper covers rock, rock crushes scissors, and scissors cuts paper. Kids will hold their hands in a fist for a rock, flat for paper, and with two fingers out for scissors.
- If you’ve chosen to play music, start it now.
- Play several rounds, switching partners occasionally.

Talk About It

Ask:

- How did you decide whether to show rock, paper, or scissors each round?
- Why didn’t you win every time?



Say: In this game, every item can win sometimes. But every item can also lose. Whether you played rock, paper, or scissors, sometimes the power of that item failed you. When we rely on our own power or on things in this world, we won't always win . . . and we'll feel like giving up. But when we rely on God's power, we'll win! God's power doesn't run out.

4. Family Prayer

Prayer Requests

Take Prayer Requests

Say: Since God's power doesn't run out, let's talk to him about what we need!

- Have kids share prayer requests.
- After each child shares, you or another child can pray for that request.
- After everyone who wants to has shared, pray: **God, thank you that your power doesn't run out, so we can trust you with our prayers. In Jesus' name, amen.**

5. Family Devo for the Week (Use this easy follow-up devotional anytime this week to reinforce the lesson.)

What Miracles Do I See Every Day?

Supplies:

- Bible
- Uninflated balloons (1 per child)

Feel Your Heartbeat

Say: You know, it might have been easier for the widow in our story if God just gave her a whole bunch of flour and oil right away. Instead, he always gave her just enough. So she had to keep trusting that God's power wouldn't run out.

We might like to see big, amazing miracles. We might like to see the big miracle of COVID-19 suddenly and completely disappearing! But even if we don't see big miracles, we do see small miracles every day! Just like the woman saw that miracle of fresh flour and oil every day, we can see God at work every day.

So, what miracles do we see every day? There are hundreds of amazing miracles happening right now in this very room? Let's find them!

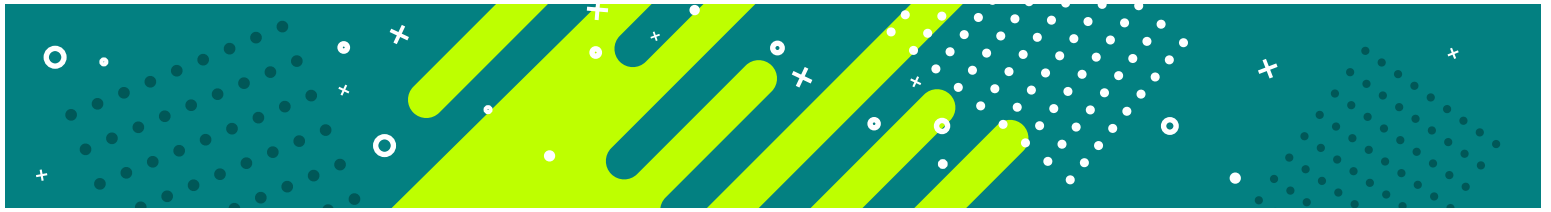
Try this. Put your hand over your heart, or find your pulse. Count how many heartbeats you have in 20 seconds. Tell kids when you're starting, and time 20 seconds (you can just count in your head). Have kids tell a partner how many heartbeats they counted.

Say: Now jog around the room until I say stop. Time kids while they jog for about 30 seconds. Then have kids sit back down and count how many heartbeats they feel in 20 seconds. (If younger kids can't keep count, that's okay. They'll still be impressed to feel how much faster their hearts are beating!)

Ask:

- How many more heartbeats did you count the second time?





Say: God made our hearts to pump blood to the rest of our bodies. When we're moving around, we need our blood to pump faster, so God made our hearts so they could figure that out! That's an amazing miracle! If God hadn't made our hearts so they'd work just right, we'd die if we moved fast for too long!

Fill a Balloon

Now think about your lungs. You never get to see inside your lungs, but they're at work all the time. That's amazing!

Ask:

- How much air do you think your lungs can hold? Have kids use their hands to estimate.

Have each child get out their balloon. Have kids inhale as much air as they can and then blow up their balloons as big as they're able with just one breath. Have kids pinch the ends shut and compare their balloon sizes. (If younger kids can't inflate the balloons, no problem! They can see how much air fit in their sibling's balloon –or in yours.)

Say: God made us so that we need air to live, and he made our lungs so they can hold a lot of air. Plus, our lungs are able to refill quickly! If I gave you a giant balloon to blow up, you could do it just by refilling your lungs with air and blowing into the balloon again. The way our lungs work, providing us with plenty of air to keep breathing, is an amazing miracle that keeps us alive.

In fact, that reminds me of the widow's oil and flour! God keeps giving us just enough air, every time we breathe! God's power doesn't run out.

Our hearts and lungs work all the time without us having to put any thought or effort into it. We have these miracles happening in our own bodies 24/7, and when we stop to pay attention, we become aware of them. Maybe we'd see even more amazing miracles if we stopped to look for them!

Explore the Bible

Say: We just discovered two amazing, everyday miracles, but there are so many more! There are miracles we see, and miracles we don't see...every day! God's power doesn't run out, and we can believe that even when we don't see what he's doing.

Read Hebrews 11:1

Ask:

- How have you seen God's power—in small or big ways?
- How can you look for small miracles of God at work all around you?

Say: God's power doesn't run out. If we look around us, we'll see evidence of his power continuing to work day after day after day.